



**MILLERSVILLE**  
**CHRISTIAN ACADEMY**

**Athletic Handbook**

**2023-2024**

# MCA Athletic Handbook

## Purpose

MCA is committed to lead students to a deep and personal knowledge of Christ and His Word, instruct students in order to achieve the highest levels of scholarship, and encourage students to accomplish God's eternal purposes. It is our vision to raise up generations of children who will impact the world in a spiritual manner through their intellect but more importantly, according to God's standards. Proverbs 22:6 tells us to train up a child in the way he should go: and when he is old, he will not depart from it.

## Mission Statement

Think. Learn. Live. PLAY. For Jesus

## Athletic Philosophy

MCA athletics aims to fulfill the mission of the school by teaching student athletes the Christian way of competing and the Christian way of life as expressed through these verses:

- Character
  - *"Not only so, but we glory in tribulations also: knowing that tribulation worketh patience; And patience, experience; and experience, hope." Romans 5:3-4*
- Commitment
  - *"And whatsoever ye do, do it heartily, as to the Lord, and not unto men;" Colossians 3:23*
- Community
  - *Iron sharpeneth Iron; so a man sharpeneth the countenance of his friend." Proverbs 27:17*

## Goals

Based on our Philosophy it is our goal as an athletic community – coaches, players, and parents – participate in a way that honors God in everything we do, on and off the field. We will be a team modest in victory and gracious in defeat. Winning should be one of our goals but not a goal that overcomes the Ultimate goal; giving all the glory and honor to God with every win or loss and spreading his word. The attitude our athletic community should be – **I want Christ to shine through my life.**

## Team Philosophy

To recognize the normal stages of a child's development and provide appropriate opportunities for growth on and off the field and/or court. To strive and develop a love for the game, develop fundamental skills, and help athletes begin to understand and execute on a more advanced level and knowledge of the game. Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible based on facility or resource issues. Playing time is at the discretion of the coach.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety and coaching resources. Whatever we do, we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

MCA Athletics will use the following order of priorities, and this will give student-athletes the opportunity to be balanced spiritually, physically, mentally and emotionally.

1. God
2. Family
3. Academics
4. Athletics

## **I. General Policies**

### **Sportsmanship**

As participants and spectators, we want to cheer for our team, not against the opponent or referees. Modest in victory and continuing to glorify God in defeat. We will regard the rules of the game. Players play the game, coaches coach the game..... no official has ever “lost” a game for a team. We do not credit officials for a win, therefore in the same sense we do not blame them for a loss. All officials will be treated with respect.

Any member of the MCA community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

### **Scheduling**

The Athletic director and coaches do their best to schedule games and practices. Because some things are out of our hands, changes throughout the season are possible and probable. It is our goal as an athletic staff to inform you of any changes that may occur as soon as we can.

### **Transportation**

All athletes must travel in designated vehicles to all games. It is at the coach’s discretion weather they must travel from games or if PARENTS/LEGAL GUARDIANS can sign them out at games. NO “friends, family that isn’t a legal guardian, etc.” will be allowed to sign a student athlete out.

If there is a special occasion, then it would need to be preapproved by the athletic director.

### **Severe and inclement weather**

Any changes to schedule due to bad weather will be updated and sent out as soon as the decision can be made. If lightning is in the area during an outdoor event, all parties must be moved indoors. The event can only be resumed if the 30 minutes have passed since the last visual evidence of lightning. For outdoor activities, Heat and humidity are closely monitored. Practices will not be held outdoors in a heat index of 110 or above.

If school is canceled or closed due to inclement weather, there will be no practices or games until school reopens.

### **Substance Abuse, Gambling, and Hazing**

MCA as a school and Athletic department will tolerate zero of the following: Hazing done by players, parents, or coaches, Gambling of any kind, and Substance abuse. MCA vigorously opposes student use, possession, or distribution of tobacco or alcohol in any form, on or off campus. Violation of any of the above subjects a student-athlete to disciplinary action deemed appropriate by coaching staff and administration.

## **II. Rules for Eligibility for Practices and Games**

- a. Each student-athlete wishing to compete in MCA Athletics is required to have the following documents prior to the first day of practice in order to be considered eligible to play in any given sport:
  - i. Current Physical Examination
  - ii. Athletic Handbook Compliance Form
  - iii. Sports team fee
- b. Anyone interested in trying out for a team must be present at the first practice of the season. Unless he/she has notified the coach prior for an excusable reason (illness, death in the family).
- c. All student athletes must be present in school for at least half of classes each day in order to participate in practice or game scheduled for that day.
- d. Athletic eligibility:
  - i. Student-athletes must be passing all their classes with a C or higher at the time of tryouts/first practice.
  - ii. Student-athletes must attend school regularly. Excessive absences could hinder the students ability to be eligibility to tryout.
  - iii. The principal and athletic director will have final determination of academic eligibility based on MCA's policy.
- e. Any athlete that is on academic/school probation or suspension is automatically placed on athletic probation and must follow the guidelines outlined below.
  - i. A student-athlete on probation or suspension cannot **travel, attend or dress out** for a game or practice with the team while on probation.

- ii. These guidelines also apply to managers, statisticians, and scorekeepers.
- iii. **Any violation of the probation or suspension guidelines may result in dismissal or suspension from the team.**

### **III. Rules for practice and game Participation**

- a. Student-athletes must be at every practice or game unless excused for one of the following:
  - i. Doctor or dental appointment
  - ii. Personal sickness
  - iii. Death in family
  - iv. Previously scheduled and approved by coach and athletic director before the first day of practice.
- b. We will not schedule a practice or game on Sunday or Wednesday that would interfere with regularly scheduled worship service. We encourage families to be actively involved in the local church.
- c. Any athlete who misses a practice or game may have to make up practice activities and face the team's policy for reduction in playing time. This is not meant as a punishment, but a reward and incentive to those team members who were present. This discipline procedure for missed practices and games will be decided by the coach.
- d. Departure from team
  - i. Leaving team due to a season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team. This must be discussed between the parents, coach and/or athletic director before final decision is made. In this circumstance an athlete will still be eligible for his/her next season sport.
  - ii. Quitting a team, regardless of reason, after the season begins (defined as attending first day of practice after tryout if tryouts are necessary) will not be eligible to participate in the next sport season. \*Athletic fees will not be refunded\*
  - iii. Being dismissed from a team, regardless of reason, will not be eligible to play the following sport season.

\*All penalties are subject to review by the Athletic Director and Administration.

### **IV. Athletes code of conduct**

- a. Being a student athlete at MCA is a choice and therefore a privilege. Student athletes will conduct themselves in a way that brings glory and honor to God,

our school, their team, their sport, and themselves. As a student athlete of MCA, you reflect our mission here at MCA on and off the field/court. Athletes are expected to always behave as so and may be suspended or dismissed from the team at the discretion of the principal or athletic director/coach.

- b. Athletes are to strive to be Christ-like while being a part of MCA athletics. In the pursuit of Christ-likeness our athletes may come across some challenges. Challenges they may face might include: humility, selflessness, leadership, diligence, faithfulness, integrity, and joy in playing with excellence.
- c. All student athletes are expected to be punctual and prepared for all games and practices. They are expected to be dedicated to their team and teammates, to respect their coaches, and to maintain a Christ-like sportsmanship in all circumstances.
- d. The use of profanity, taunting, verbal abuse, or fighting towards a referee, opponent, or teammate will not be tolerated on or off the field. Any of these may result in at least a five-school day suspension.
- e. Athletes are to be good representatives of Christ and Millersville Christian Academy on road trips. Failure to do so may result in suspension or dismissal.

## **V. Athletes dress requirements and uniform/equipment**

- a. Any uniforms or equipment issued to an athlete are the athletes' responsibility to return in good condition.
- b. All student athletes should protect and take care of the facilities of the practice and games.
- c. Lost or damaged equipment will be charged to the athlete.
- d. School athletic uniforms are to be worn for games, not practice or other functions.
- e. All uniforms and equipment must be returned, clean to the coach or athletic director within one week after the last game of the season.
- f. Any athlete who does not return uniforms/equipment will have the cost for the replacement charged to his/her school bill. An athlete will not be able to

participate in another sport, banquet, or receive awards until all overdue uniforms, equipment, and fees have been turned in or paid for.

## VI. Transportation

- a. This policy applies to all off-campus games and tournaments when the school staff provides transportation.
- b. All athletes will travel in designated vehicles to away games. Exceptions will be considered by the athletic director when permission is requested.
- c. Traveling home via school transportation will be at the discretion of the head coach. However, if the coach allows students to travel home from away games they may only be signed out by a parent/legal guardian.
- d. All players must stay with coach or appointed adult supervision while visiting schools and restaurants.
- e. Screaming, loud yelling, throwing, and horseplay are not allowed.
- f. All athletes will remain seated while the vehicle is moving. Co-ed travel, boys and girls should sit with common gender on same rows.

## VII. A Final Word to Our Parents

- a. Without a doubt parents make the biggest impact on a young athlete's life. Not only are parents influential but they are critical to the success of our athletic program. The Athletic department needs parents to come alongside our athletic programs so they can grow, and we can see all that God has in store. We are going to need chaperones, scoreboard operators, bookkeepers, photographers, and videographers are a few opportunities that provide much needed help to our growing program. One of the most important roles we need filled by our parents is our **team parent**.
  - i. **Team parent:** is imperative to the success of the team. This parent volunteer is willing to take on administrative duties for the team. Our coaches give their time to help the team achieve their goals on the field, a team parent makes sure they have what they need to compete at their highest level. A team Parents duties are as follows:
    1. Create team list of all the players names, phone #'s, and email for team communication.

2. To organize a snack/drink system for athletes to have on bus when traveling to away games, by assigning a parent for each game.
3. To send weekly reminders for the events of the week and assigned duties.
4. To work with coach on all arrangements.
5. To submit scores and write ups to our communication department.
6. The purpose of a team parent is to evenly distribute the tasks among the players parents.

**b. Why we play the game**

- i. Most young people participate in sports to have fun, develop natural desire to play, make new friends or be with friends, be a part of a team, and to compete. Yes, we love to win and want to win, but athletes need to hear from parents and coaches that it is the process of competing that helps us grow in ourselves and in the Lord, win or lose.

**c. Coaches are the Leaders**

- i. Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student athletes must trust and respect that coaches are trying to make the best decisions for the team as well as the individuals that make up the team.

Coaches are with the team on a regular basis in practice and in competition, evaluating character and performance and will make judgment best on what they feel will best interest the team. Playing time, positions, and strategy should be left to the discretion of the coach.

Parents should help their child understand that being a team member means accepting the coaches' decisions even when he or she does not agree with them.

We must remember that no one is parent, coach, player, or referee is perfect. A will function smoothly with the coach coaching, the parents parenting, the referees refereeing, and the players playing.

**d. Communication**

- i. Direct communication between coach and players is very important and is usually the best way for any questions to be answered. There will be times when a meeting between a parent and coach is warranted. Please call or email the coach to arrange a convenient time for both parties.



- ii. We will operate on a 24-hour rule when a player or parent wants to have a meeting with his or her coach. The 24-hour rule means you must wait 24 hours after a game before talking, calling, or meeting with a coach to talk about the game, playing time, etc. Before a game is also not an appropriate time to confront a coach. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.
- iii. If issues cannot be resolved with the coach the athletic director and other administration can meet to help the situation.

## **VIII. Sportsmanlike Conduct**

- a. Good sportsmanship by coaches, players, athletes, fans, and parents is very important to Millersville Christian Academy. As a school Centered around Christ and teaching a Biblical world view, we must hold ourselves accountable and show the highest level of sportsmanship and respect.
- b. Millersville Christian Academy Athletes**
  - i. Play hard within the rules of the game.
  - ii. Win with humility, lose graciously
  - iii. Respect officials and their decisions
  - iv. Remain positive towards teammates and coaches
  - v. Respect property and facilities of MCA and opponents.
  - vi. Remember you are representing your Heavenly Father
- c. Millersville Christian Academy Coaches**
  - i. Serve as a role model for players
  - ii. Inspire the players for a love of the game and desire to win
  - iii. Show restraint and respect when dealing with officials and opposing coaches.
  - iv. Hold players accountable for their respect of others and good sportsmanship

## IX. Athletic Handbook Compliance

**This Form is to be completed and turned into the coach before an athlete participates in their first sport of the year. Each athlete must return this form signed to his/her coach before he/she will be allowed to participate in his or her first scrimmage or game of the school year.**

I have read and agree to abide by the rules, regulations, and guidelines set forth in the MCA Athletic Handbook. I acknowledge the inherent risks associated with participation in athletic competition.

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Athlete's Printed Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_